



Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070
simsbury-ct.gov

Hours:

Monday: 8:30 am— 7:00 pm
Tuesday—Thursday: 8:30 am— 4:30 pm
Friday: 8:30 am— 1:00 pm
Contact Us:
Senior Center Phone: (860) 658-3273
Social Services Office Phone: (860) 658-3283
Fax: (860) 408-7046

The Senior Communicator

September—October 2016

Veterans' Appreciation Luncheon

The Senior Center will be hosting a special luncheon in honor of all Veterans on

Thursday, September 29th

from 12:00 pm-1:30 pm in the Auditorium.

★ Veterans and a guest are cordially invited to attend ★

Please call the Senior Center at (860) 658-3273 to make your reservation.

We wish to extend our heartfelt gratitude to all veterans for their service to our country.

Thank you to Vincent Funeral Homes and Simsbury Junior Woman's Club for their generous support which made this event possible, and to The Residence at Brookside for the desserts.



September is National Senior Center Month!

This year's theme:

"Find Your Balance at Your Center!"

Come and find
your balance and
whole person wellness at the
Simsbury Senior Center.

The Simsbury Senior Center's mission is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of our diverse and growing older adult population (age 50 and over), their families, and friends.

Kathleen Marschall,
Senior Center Coordinator

Martha Hillemeir,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Senior Outreach Coordinator

Inside this issue:

Fitness Classes—Pages 2 & 3
Clubs, Classes & Games —Page 4
Jump on Board Trips—Page 6
Lunch @ Eno Menu—Page 7
Social Services Program—Page 8
Casino Trips—Page 9

PLUS: Oodles of special events, presentations, movies, Bingo & more sprinkled throughout this edition!

Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Mondays - Mary Root
Wednesdays - Marie Burman
1:00-2:00pm

Mondays

9/12-10/31 - \$20/8 classes

Wednesdays

9/7-10/26 - \$15/6 classes
(no class 9/28, 10/12)
\$4.00/drop-in fee

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Tuesdays & Fridays

Intermediate 10:15-11:00am

Beginner 11:05-11:50am

9/2-10/28 - \$72.00/16 classes
(no class 10/18)

\$6.00/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls, and tubing.

Instructor: Marie Burman
9:00-9:45am

Tuesdays - 9/6-10/25
\$15/6 classes

(no class 10/11, 10/18)
\$4.00/drop-in fee

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Mondays & Fridays - Mary Root
Wednesdays - Marie Burman

Mondays - 12:00-1:00 pm

9/12-10/31 - \$20/8 classes

Wednesdays - 12:00-1:00 pm

9/7-10/26 - \$15/6 classes
(no class 9/28, 10/12)

Fridays - 11:50 am-12:50 pm

9/2-10/28 - \$20/8 classes
(no class 9/9)

\$4.00/drop-in fee

Perfect Fit Exercise

Low-impact aerobics, strength training, and Pilates.
Instructor: Susan Rubenstein

9:15-10:15am

Mondays - \$48/12 classes
9/12-12/5 (no class 10/10)

Wednesdays - \$44/11 classes
9/7-12/7 (no class 9/28, 10/26, 11/23)
\$5.50/drop-in fee



Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root
9:00-9:45am

Thursdays - \$17.50/7 classes
9/1-10/27
(no class 9/8, 9/29)
\$4.00/drop-in fee

Yoga - Help de-stress from your busy day with yoga!

10:30-11:30 am

Mondays - 9/12-12/5 (no class 10/10) \$78/12 classes

Wednesdays - 9/7-12/7 (no class 9/28, 10/26, 11/23)

\$71.50/11 classes



5:00-6:00 pm

Wednesdays - 10/12-12/7 \$52/8 classes (no class 11/23)



\$8.00/
drop-in fee

Flu Shot Clinics

Regular/High Dose & Prevnar 13 vaccine for Pneumonia available

Mon, 9/26 9:30am-12:30pm at the Simsbury Senior Center

Fri, 10/5 11:00am-1:30pm at the Simsbury Public Library

Call Farmington Valley VNA for appt: (860) 653-5514

Senior Center Fitness Room

Open Monday (8:30am - 6:30pm), Tuesday - Thursday (8:30am - 4pm) and Friday (8:30am - 12:30pm).

Fees: \$50/year or \$6/month. A note from your physician and an orientation from our personal trainer are required before signing up.

You can also register for most programs on our website: simsbury-ct.gov/senior-center

Stay Fit! Be Well!

◆ Call the Senior Center at (860) 658-3273 for information about any of these activities! ◆

Barre Body Fusion

This class gives you the perfect workout combining the latest in Barre, Pilates and Yoga. Sneakers can be on or off. Bring light weights and a mat.

Instructor: Susan Rubenstein

Tuesdays 5:00- 6:00pm

9/13-12/6 (no class 11/8)

\$78/12 classes

\$8.00/drop in fee



The Mix!

Stay fit with a class designed to give you a cardio burst, strength training and core work.

Instructor: Susan Rubenstein

Thursdays 5:00-6:00pm

9/15-12/8 (no class 10/6, 11/24)

\$71.50/11 classes

\$8.00/drop in fee

Perfect Strength in 60

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Fridays 9:00-10:00am

9/9-12/9 (no class 10/7, 11/11, 11/25)

\$44/11 classes

\$5.50/drop-in fee

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings. All services are FREE of charge.



Wed., September 28th & Thurs., October 27th

Make your appointment through the Senior Center.

(Appointments start at 10:00am)

Line Dancing

Line dancing is fun, there is great camaraderie and there is no need for a partner! It's a wonderful way to stay healthy! When line dancing on a regular basis, you may experience increased flexibility, muscular strength and lung capacity, as well as an improvement in bone health and coordination.

Thursdays - 10:00-11:00am

9/15-10/27 (no class 9/29)

\$15/6 classes - \$4.00/drop-in fee

Instructor:

Mary Root



Vision Support Group

A monthly support group for individuals affected by all stages of vision loss. This group will address assistive technologies and strategies for managing daily activities and will offer an opportunity to share experiences, information and encouragement.

September 9th & October 14th
at 10:00 am

Blood Pressure Screening

Sponsored by the Farmington Valley VNA.

No appointment necessary -

Every Wednesday 11:45am-2:15pm



Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays:

9/7, 9/21, 10/5, 10/19

Appointments start at 10:00 am



Foot Care Clinics

Half-hour appointments are available twice a month at the Senior Center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

September 6th & 27th, October 4th & 25th.

Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.

Schedule appointments through the Senior Center.

Clubs, Classes, and Games!

♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00pm-3:00pm, drop-in FREE!

Scrabble

Tuesdays 1:00pm-4:00pm, drop-in FREE!

Canasta

Tuesdays 1:00pm, drop-in FREE!

Cribbage

Tuesdays 1:00pm-3:00pm, drop-in FREE!

Setback

Fridays 10:00am-12:00pm, drop-in FREE!

Bridge

Mondays 12:00pm-3:00pm \$1.00

Duplicate Bridge

To register, or for more information, contact Don Steele:
(860) 651-9663 or donwsteele3544@gmail.com

Fridays 9:30am-12:30pm \$1.00

Jewelry Making Workshops

Mondays, September 12th and October 10th
10 am-3 pm \$5.00, plus the cost of materials

Sign up by the prior Wednesday!

Intonations

This choral group enjoys singing together & performing at local venues.

Wednesdays: 10:00am-12:00pm

9/7 - 12/7

\$35/14 Weeks

Director: Greg Babal



Investment Club

This group enjoys researching and buying stocks.

September 14 & October 12

2:00pm-4:00 pm

FREE, drop in

Book Club 2:00-3:00 pm

September 28: *Salem Witch Judge: The Life and Repentance of Samuel Sewall* by Eve LaPlante (NF)

October 26: *Outcasts United: An American Town, A Refugee Team and One Woman's Quest to Make a Difference* by Warren St. John (NF)

Please sign up in advance. FREE!

Ceramics

Tuesdays: 10:00am-2:30pm

9/6-10/25 - \$22.50/8 classes

Instructor: Gloria Cerniglia

\$4.00/drop-in fee



Painting Class

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface.

Instructor: Deborah Leonard

Thursdays: 9/15-11/10 10:00am-12:00 pm

\$40.50/9 classes

\$6.00/drop-in fee

One-on-One Computer Help!

Did you get a new iPhone or iPad and not sure how to get the most out of it? Do you have questions about how to use your laptop?

Thursdays, by appointment, 1:30-2:30 pm
in the Senior Center

Life History Writing Workshop

Explore your past and present by sharing your life!

Tuesdays: 9/13, 9/20, 9/27, 10/11, 10/18, 10/25

10:30am - 12:00 pm

Instructor - Jeanne LaPierre

\$48/6 days of class

Food, Learning, and Fun!

Monday Suppers

at 5:00 pm

Join us for supper at the Senior Center!

September 12 BBQ Chicken & Side Salads

October 17 Chicken Cacciatore

Dessert & Beverage included! Cost: \$4.00

Please register for these meals no later than the prior Thursday!



Halloween Bingo!

Thursday, October 27th

1:30-3:00 pm

\$3.00 ... sign up by 10/24

The Aging and Disability Commission
invites you to lunch!

Tuesday, September 13
sign up by 9/6

Tuesday, October 18*
sign up by 9/11

(*featuring our Annual Fashion Show at 1:00 pm in the Auditorium!)

~ Enjoy soup, sandwich, dessert and coffee ~
Free! 12:00 noon



Wii Bowling with Teens at the Library includes a pizza lunch!

Wednesday, October 26th - 12:30-3:00 pm

Simsbury Public Library Teen Room

Free ... please register through the Senior Center by 10/21

Cooking Classes for Better Health!



Nikki DeRosa, Registered Dietician from ShopRite of Canton, will be back for more cooking classes!

Ancient Grains The health benefits of these grains range from a high omega-3 content to a hefty amount of B vitamins and zinc. **Thursday, September 22nd 1:00-2:00 pm**
(sign up by 9/19)

Eating for Immunity Learn about foods that contain nutrients that can help you from getting sick.
Thursday, October 20th 1:00-2:00 pm (sign up by 10/20)

Wellness Series at the Simsbury Public Library

cosponsored by the Simsbury Public Library and the Simsbury Senior Center

Humor, Health & Happiness

More than just a good laugh, humor is beneficial to our mind, body and emotional well-being. Learn how humor can improve health, boost morale and enrich the quality of your life!

Thurs, September 22nd, 2:30-3:30pm
sign up by 9/19

Accentuate the Positive!

When you are happy & positive, you'll find life easier than if you're miserable. You may even get fewer colds, and live longer! Learn how to transform those problems into opportunities!

Tuesday, October 4th, 2:30-3:30pm
sign up by 10/3

Giving Thanks ... the Power of Gratitude

Learn to keep a gratitude journal to track the little pleasures in life. Daily thoughts of gratitude can contribute to health and well-being.

Thurs, Nov 17th, 2:30-3:30 pm
sign up by 10/14

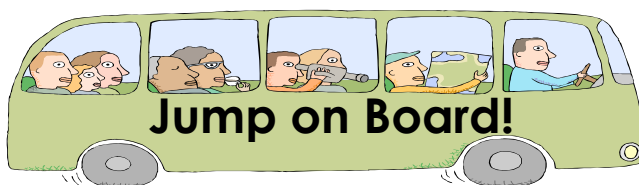
Jo Anne Harrison-Becker, MS (Gerontology) has worked in the field of therapeutic recreation for 30 years in a variety of settings including long term care, independent and assisted living and rehabilitation. She is the founder and CEO of Therapeutic Recreation Services. Jo Anne is a consultant, speaker, and author, and she provides in-service training to staff in long term care and assisted living communities.

This is a FREE series! Sign up through the Senior Center (860.658.3273) or the Library (860.658.7663, x2200)

Trips and More!

♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.

Registration for trips begins on August 30th



♦ Departure and return times are approximate

♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Monday, September 12: Buckland Hills Mall & Christmas Tree Shop (departure/return times TBD)

Monday, September 19: Lenny & Joe's - Westbrook, CT (Depart 10:30 am, return 3:30 pm) Credit Cards not accepted—Cash only at the restaurant. ATM on premises)

Saturday, October 22: New Britain Museum of American Art (Depart 10:00 am, return 2:00 pm) FREE ADMISSION.

Monday, October 31: Westfarms Mall. (Departure/return times TBD)



Join us at the **Simsbury Public Library** to watch

HOUSE OF WAX

the 1953 Vincent Price classic horror film
and **pumpkin pie with ice cream!**

Friday, October 28th ~ 12:30-2:30 pm

Free ... sign up at the Library or the Senior Center by 10/24

**Giveaways
and Raffle!**

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511 or meet with her here at the Simsbury Senior Center on April 7 @ 2:00pm. Trip flyers are available at The Senior Center.

2016 Trips

Gloucester Harbor, MA September 13, 2016 Beauport Princess Buffet Lunch Cruise

New Hampshire & Maine Fall Foliage October 6-7, 2016

Saturday Night Fever at Westchester Theatre November 2, 2016 Pre-Show Lunch

Coming in 2017!

River Cruising on the American Empress Paddle Wheeler July 16-24, 2017 (leaving from Spokane, WA)



**Travel Meeting
with Sandy and Jackie**

Thursday, October 13th
2:00 pm
in the Old Court Room

Lunch Menu ... and More!

Lunch @ Eno — Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation.

Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00

★ No lunch will be served on September 7 ... due to the Police Picnic at Simsbury Farms ★

Chicken Parmesan with pasta, asparagus, peach cobbler.....	September 14
Tuscan Herb Cod with roasted potatoes, green beans, cookie bar.....	September 21
Turkey Cutlet with gravy, cornbread stuffing, broccoli, apple cake.....	September 28
Homemade Meat Lasagna with tossed salad, apricot bar	October 5
Pot Roast with gravy, red potatoes, carrots, gingerbread cake.....	October 12
Chicken Parmesan with pasta, asparagus, peach cobbler.....	October 19
Tuscan Herb Cod with roasted potatoes, green beans, cookie bar.....	October 26



Learn how to reduce traffic violations and chances for injuries, update your knowledge of recent changes in laws, and develop safe driving strategies to compensate for age-related changes.

AARP Driver Safety Course
Thursday, September 22nd
9:00 am-1:00 pm

AARP Members: \$15.00

Non-Members: \$20.00

(paid the day of class, checks can be made out to AARP)

sign up by 9/19

Living Longer, Stronger

Care Transitions : A Behind-the-Scenes Look ...
a free educational event series

Presentations and discussions led by members of the Center for Healthy Aging and the Department of Care Coordination at St. Francis Hospital.

- ♦ The Hows & Whys of Movement Between Healthcare Settings
September 27th, 6:30-8 pm (RSVP by 9/23)
- ♦ Making the Most of Your 12-Minute Doctor's Appointment
October 25th, 6:30-8 pm (RSVP by 10/21)
- ♦ The Impact of Medication Management on Chronic Diseases
November 29th, 6:30-8pm (RSVP by 11/25)

All programs will be held at the Simsbury Public Library
and a light supper will be provided.

RSVP: Simsbury Senior Center, (860) 658-3273 or
kmarschall@simsbury-ct.gov

Sponsored by the Simsbury Aging & Disability Commission and the Simsbury Public Library.

Senior Strong Exercise ★ Thursday - September 15th 2:30-3:30 pm

A 45-minute chair workout that will be fun and challenging for a variety of fitness levels.

Please wear loose clothing and bring water! Held at the Simsbury Public Library

This program is a collaboration between the Simsbury Public Library, the Simsbury Senior Center and Farmington Valley YMCA.

sign up by 9/12
thru the Library or
Senior Center

AARP Tax-Aide Needs YOU!

Consider becoming an IRS-certified AARP Tax-Aide volunteer! Training is provided, and begins in December new volunteers are paired with experienced volunteers.

Do you have basic computer skills? Do you enjoy helping others?

Do you like to prepare tax returns? Call the Senior Center for info: (860) 658-3273.



SOCIAL SERVICES PROGRAMS

860 658-3283 Phone ~ 860 408-7046 Fax

Renter's Rebate Program - *October 1st* is the **deadline** to apply for the Program. Applicants must be at least 65 years of age, or totally disabled – with proof of disability, as of December 31, 2015. Maximum income for a couple is \$42,900; and for an individual is \$35,200. Please call for more information and to schedule an appointment.

Fuel Assistance - We will begin accepting applications in October.

Cheese Day - Fresh Fruits, vegetables, meat and dairy items, along with canned goods, are given out on the **FOURTH** Wednesday of each month for those eligible for the program. Next Cheese Days: 9/28/16 and 10/26/16.

SNAP (formerly Food Stamps) – We have partnered with FoodShare to provide application assistance twice a month at Eno Hall. The volunteers will submit your application to the state for processing. Call Social Services to schedule an appointment. Next SNAP days: 9/16/16, 10/3/16 and 10/21/16.

Mobile FoodShare Van - The Mobile FoodShare van will be at the First Church of Christ parking lot, 689 Hopmeadow Street, at 1:15 PM on alternating Mondays. Eligible residents will pick up donated fruits and vegetables. A schedule, including Avon and Granby dates, can be obtained at the Social Services Office. Dates for Simsbury are: 9/12/16, 9/26/16, 10/10/16 and 10/24/16.

Dial-A-Ride – An annual Dial-A-Ride pass is available to Simsbury residents only, who are disabled or over the age of 60: \$25 for an individual and \$35 for a couple. The pass allows residents use of the Dial-A-Ride buses around town, in Granby or Avon, as well as Jump On Board Senior Center trips. In addition, two out-of-town medical rides can be requested. Passes can be obtained at the Social Services Office.

Jump On Board trips for non-residents are \$15.00. Preference is given to Simsbury residents. If room is available, one week prior to the trip, non-residents will be moved from the wait list and will be registered for the trip.

Notary Services - The Secretary for Social Services is a Notary Public, and will notarize your documents free of charge. Please call for availability.

Casino Trips ... Notable notes ... More!

Foxwoods..... Monday, September 26th

Mohegan Sun..... Monday, October 24th

Bus will depart at 8:30am and return to Simsbury approximately 5:00pm.

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$10.00 (Foxwoods)/\$15.00 (Mohegan Sun) voucher for food, and a \$20.00 bet.



Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and, as such, are subject to change without notice.
- ♦ Participants must complete and carry an emergency medical card. (Cards are available from the trip leader.)
- ♦ Unfortunately, we cannot offer refunds.
- ♦ Advanced registration must be made at least one (1) business day before the trip.

Program Committee Meeting



Join us for this informal discussion that can shape your Senior Center in the coming months.
All are welcome!

Monday, September 12th @ 10:00am

Bird Watchers



Join Roger Preston and Gil Kleiner for a morning of exploration and discovery. Meet at 8 am:

Wed., 9/7—Great Pond State Forest Parking lot

Wed., 9/14—the band shell at the Performing Arts Center

Wed., 10/5—Great Pond

Free, sign up through the Senior Center

Medication Management

Thursday, October 6th - 1:00-2:00 pm

Sign up by 10/3

Presentation and refreshments provided by Seabury.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! Meeting Date: 9/20, 10/18.

Handicapped Parking Applications ... available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available for one on one appointments. 9/13, 9/27, 10/11 and 10/25.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library A wide assortment of books, (including large print) for our members to borrow!

Seniors Job Bank Free service seeking to match those looking for help at home or at work, or looking for part-time work. www.seniorsjobbankct.org.

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center does not give out Personal Information on any of its members, staff, or instructors. We thank you for understanding.





Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
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St. Mary's Thanksgiving Luncheon Wednesday, November 16
Holiday Party at the Senior Center Thursday, December 8
New Year's Eve Luncheon & Bingo Thursday, December 29

Help us Save on Postage!
You are encouraged to pick up your newsletter at the Senior Center.
The next Newsletter will be available for pick-up on October 20th.

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES: Requests for credit should be made 7 days prior to the start date or event date.

The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity

of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

